

Mental Health Services

We ensure prevention and treatment services for mental health are available and provided by contracted mental health providers. Prevention works, treatment is effective and recovery is possible – our mission is to promote health, treat illness, and support recovery.

SOME OF OUR SERVICES

Contract with the counties to provide mental health treatment statewide, including:

- 24-hour crisis care
- Case and medication management
- Inpatient treatment and counseling
- Community mental health centers statewide provide outpatient counseling, vocational and life skills training
- Utah State Hospital operates adult, children and forensic programs, providing inpatient care for the severely mentally ill

VOLUNTEER OPPORTUNITIES

National Alliance on Mental Illness (NAMI) Utah, 801-323-9900

Utah State Hospital, Shawna Peterson, 801-344-4254

Utah Commission on Volunteers, 1-888-755-UTAH (8824), www.volunteers.utah.gov

IF YOU NEED MORE INFORMATION

Utah Division of Substance Abuse and Mental Health (DSAMH)

801-538-3939

Utah Crisis Line

801-587-3000

National Suicide Prevention Lifeline

801-800-273-TALK (8255)

National Alliance on Mental Illness (NAMI) Utah

801-323-9900, www.namiut.org

Allies with Families

801-292-2515, www.allieswithfamilies.org

Autism Society of Utah

801-538-7049

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

Quick Facts:

- 1 in 4 people will have a major mental illness at some time in their life
- 50% of lifetime mental illnesses are diagnosed by age 14; 75% by age 24
- 44,611 Utahns (29,205 adults; 15,406 children/youth) received publically funded mental health services
- Mood and anxiety disorders are the two most common diagnoses for children and adults
- There are 13 community mental health centers statewide, serving 29 counties
- 85% of clients either stabilized/improved or recovered
- 83% of clients in treatment report general satisfaction in quality and appropriateness of treatment